

# El Pueblo Regional Center



Center Supervisor: Richard Barker  
E-mail: richard.barker@tucsonaz.gov

**101 W. Irvington Rd.  
791-5155**

## Activity Center Hours:

Monday- Friday 6am-10pm  
Saturday 8am-6pm  
Sunday Noon-6pm  
Holidays Closed

The Center will be  
closed on Mon., Feb. 18.

## Neighborhood Center (791-4629) Hours:

Monday- Friday \*8am-5pm  
Saturday \*8am-2pm  
Sunday Noon-6pm  
Holidays Closed

*Neighborhood Center is available every 2nd and 4th Sunday of each month for room rentals. Call 791-4629 for information.*

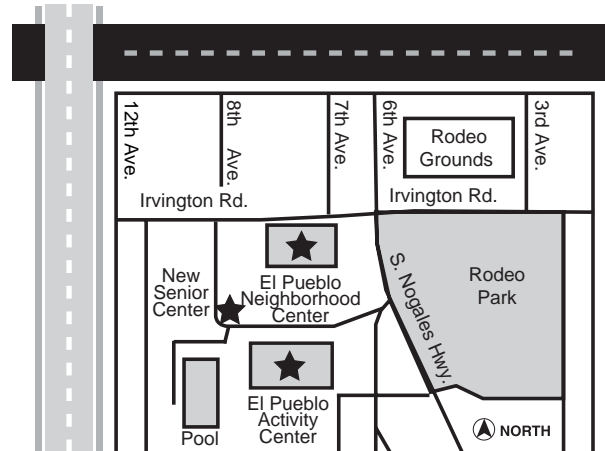
*\* Room rental available Mon.-Fri.evenings until 9pm; Fri. and Sat. evenings until 11pm upon request.*

## Senior Center (791-3250) Hours:

Mon./Wed./Fri./Sat 9am-5pm  
Tues./Thurs. 9am-5pm  
Sunday/Holidays Closed

## Youth Programs

- **Busy Bodies** Preschool program for ages 3-5. Tues, Thurs, 9am-noon. Registration and fee required. See page 44 for dates and fees.
- **KIDCO** after-school program, ages 5-11(5-year-olds must be currently enrolled in kindergarten). Mon.-Fri., dismissal-6pm. Non-refundable registration fee required.
- **Schoolz Out Camp** - for ages 5-11 (5-year-olds must be in kindergarten). 7:30am-6pm - \$2 per day/per child. Call Center for dates and registration.



- **In-Betweener Club** - for free program for youth ages 11-14 (11-year-olds must be in middle school), please check with the front desk for more information.

## Special Dates

- Feb. 21-22 - Rodeo Camp
- March 19 - Schoolzout Camp
- March 20, 21, 24 - Spring Break Camp

## Activity Center - Facility Use Passes

### Facility Use: City Resident

Pass	Daily	Quarterly	Annual
Adult	\$1.25	\$35	\$140
Senior (62+)	\$1	\$24	\$95
Youth (17 and under)	\$1	\$24	\$95
Family	\$3	\$75	\$300
Single-parent family	\$1.50	\$39	\$155
Racquetball court	\$2	*	*
Indoor walking track	*	*	\$40

### Facility Use: Non-City Resident

Pass	Daily	Quarterly	Annual
Adult	\$1.75	\$45	\$175
Senior (62+)	\$1.25	\$30	\$120
Youth (17 and under)	\$1.25	\$30	\$120
Family	\$4	\$95	\$375
Single-parent family	\$2	\$49	\$195
Racquetball court	\$2.50	*	*
Indoor walking track	*	*	\$50

\* Included with purchase of daily/quarterly/annual pass

## Weight Room Certification

- Tues. and Thurs. - 7pm, 8pm
- Sat., 3pm —Sun., 3pm

*Call Center for times and days for Spanish classes. Participants must sign-up 30 minutes prior. Participants must be at least 14 years of age. Ages 14-17 require parental approval. Participants ages 14-15 must be accompanied by parent or authorized adult.*

## Facility Amenities:

### Indoor:

- Wrestling room
- Aerobic room (dance)
- Locker rooms
- Gym (basketball courts)
- Racquetball courts
- Lobby area/game room
- Conference rooms
- Breezeway
- Multi-purpose rooms with kitchen
- Meeting rooms
- Indoor walking track
- Weight room
- Big screen TV area
- Meeting/event rental space available

### Outdoor:

- Swimming pool (year-round heated)
- Ramadas (2)
- Horseshoe pits
- Sand volleyball courts
- Playground
- Activity Center patio area
- Neighborhood Center patio
- Senior Center patio

### **City of Tucson residents only**

Discounts are available for programs and classes; call 791-5155.



**El Pueblo Neighborhood Center**  
791-4629

## Human Service Programs

- Henry Quinto Early Learning Center - 294-5549  
Mon.-Fri., 6:30am-5:30pm.
- SACASA - Southern Arizona Center Against Sexual Abuse - 434-0195 - Mon.-Fri., 8am-5pm.
- City of Tucson Community Services Dept. - 791-5184  
Mon.-Fri., 8am-5pm
- Salvation Army Family Services - 294-5224  
Mon.-Thurs., 8am-4pm
- Brewster Center - 881-7201 - Mon.-Fri., 8am-5pm
- Adult Basic Education Classes - 889-9962 (GED)
- D.E.S. Human Service - 741-9751
- Community Food Bank Boxes - 791-4629 - Mon./Wed./Fri., 2-5pm.
- El Pueblo Clinic Medical Services - 573-0096  
Mon.-Fri., 8am-5pm.
- Westside Nutrition Site/Nutrition Program: 889-0928
- El Pueblo Library - 791-4733

**El Pueblo Year-round Pool • 791-4176**

**Adult Lap Swim:** Mon.-Fri. - 11am-1pm, 4-7pm,  
Sat.-Sun., Noon-4pm

**Recreational Swim:** Mon.-Fri. - 11am-1pm, 4-7pm,  
Sat.-Sun., Noon-4pm

## El Pueblo Seniors



## El Pueblo Senior Center - 791-3250

Senior facility includes a social lounge area, resource/computer room, multipurpose room with kitchenette, public restrooms. Senior Club annual membership is free. Call 791-3250 for more information.

- El Pueblo Senior Club, ages 50+. Senior Club business meetings are the first Wed. of every month, 10am-noon. Senior Club members have free access to the Activity Center on Wed. and Fri. from 6am-10pm. Senior activities include field trips, game room, walking program, Loteria, speakers, line dancing, crafts and monthly potlucks.
- West Side Nutrition for ages 60+, 8am-1pm, Mon.-Fri. (889-0928)

## El Pueblo Active Adult Programs

### ----- Healthy Aging -----

The City of Tucson Parks and Recreation, in collaboration with the Pima Council on Aging, will offer two outstanding programs designed to enhance the quality of life and the opportunity for greater independence for older adults and support caregivers.

**Matter of Balance:** Your odds of falling each year after age 65 are about one in three. This program has been confirmed, by research; to reduce fear of falling, stop the fear of falling cycle, and increase activity levels among older adults. Classes include practice exercise to improve strength, build coordination and balance, learn to get up and down safely from a lower surface, conduct a home safety evaluation and discuss strategies and options to affect appropriate changes.

**Enhance Fitness:** Aims to improve health and physical performance in older adults. Class includes warm-up, cool-down, low impact aerobics, strength training, balance training and flexibility exercise.

If you or a person you know can benefit from these programs please call 791- 3250.

